

Obesity affects 1 in 6 children

By Nevil Kadakia, MD

Children who are obese are above the normal weight for their age and height. Childhood obesity is particularly troublesome because the extra pounds often start children on the path to health problems that were once considered adult problems — diabetes, high blood pressure and high cholesterol. It can also cause psycho-social problems like bullying and stigma, low self-esteem, anxiety and depression. Moreover, children with obesity are more likely to become adults with obesity. There is no simple or single solution to this obesity

epidemic. Healthcare professionals, schools and community organizations, parents and the individual must all work together to create a healthy environment.

Not all children carrying extra pounds are obese or overweight. Your child's doctor can help you figure out if your child's weight would induce health problems by using the BMI (Body Mass Index) and growth charts. The doctor would further evaluate family history, dietary habits, physical activity, behavioral issues and if necessary, a blood test.

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